День: первый

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | Наименование блюда | | Масса порции | | Пищевые вещества | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | Минеральные вещества (мг) | | | |
| белки | | жиры | | углеводы | В1 | С | А | Е | Са | Р | Mg | Fe |
| 1 | | | 2 | | 3 | | 4 | | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| ДЕНЬ 1 | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | |
| 302 | | Омлет | | 200 | | 11.9 | | 14.0 | | 6.4 | | 200 | 0.09 | 2.1 | 0.2 | 0.5 | 133.3 | 39.5 | 26.1 | 2.1 |
| 496 | | Какао с молоком | | 200 | | 3.6 | | 3.3 | | 25.0 | | 144 | 0.04 | 1.3 | 0.02 | 0.0 | 124 | 110 | 27 | 0.8 |
| 112 | | Яблоко | | 100 | | 0.4 | | 0.4 | | 9.8 | | 47 | 0.03 | 10.0 | 0.00 | 0.2 | 16 | 11 | 9 | 2.2 |
| 91 | | Бутерброд с сыром и маслом сливочным | | 15/15/5 | | 5.0 | | 8.1 | | 29.4 | | 123 | 0.02 | 0.1 | 0.06 | 0.3 | 100 | 99 | 10 | 0.3 |
| 108 | | Хлеб пшеничный | | 40 | | 3.0 | | 0.3 | | 19.68 | | 94 | 0.51 | 0..0 | 0.00 | 0.4 | 8 | 26 | 5.6 | 0.4 |
| 109 | | Хлеб ржаной | | 30 | | 2.0 | | 0.4 | | 10.0 | | 52 | 0.05 | 0.0 | 0.00 | 0.4 | 10.5 | 47.4 | 14 | 1.17 |
| Итого: | | | |  | | 25.9 | | 26.5 | | 100.28 | | 660 | 0.74 | 13.5 | 0.11 | 1.8 | 391.8 | 332.9 | 91.7 | 6.97 |
| Обед | | | | | | | | | | | | | | | | | | | |
| 107 | | Огурец соленый | | 100 | | 0.8 | | 0.1 | | 1.7 | 13 | 0.02 | 5.0 | 0.00 | 0.1 | 23 | 24 | 14 | 0.6 |
| 144 | | | Суп картофельный с бобовыми (горох) на м/к/б. | | 250 | | 6.3 | | 14.25 | | 15.21 | 108 | 0.19 | 8.67 | 0.04 | 0.22 | 19 | 65.75 | 25.5 | 0.92 |
| 414 | | | Рис отварной | | 180 | | 4.4 | | 7.3 | | 42.56 | 245.5 | 0.03 | 0.0 | 0.05 | 0.34 | 6.1 | 84.9 | 27.3 | 0.6 |
| 412 | | | Котлета куриная | | 100 | | 15.0 | | 10.7 | | 7.4 | 167 | 0.1 | 0.8 | 0.04 | 0.4 | 34.66 | 94.3 | 18.6 | 1.14 |
| 207  э/р | | | Напиток лимонный | | 200 | | 0.1 | | 0.0 | | 18.9 | 73 | - | 2.32 | - | - | 3.44 | - | - | 0.08 |
| 109 | | | Хлеб ржаной | | 80 | | 5.3 | | 0.96 | | 26.7 | 139.2 | 0.14 | 0.0 | 0.00 | 1.1 | 28 | 126.4 | 37.6 | 3.12 |
| 108 | | | Хлеб пшеничный | | 88 | | 6.7 | | 5.7 | | 43.30 | 208 | 0.09 | 0.0 | 0.00 | 1.0 | 17.6 | 57.2 | 12.32 | 1.0 |
| Итого: | | | | |  | | 38.6 | | 39.01 | | 155.85 | 953.7 | 0.57 | 16.79 | 0.13 | 3.16 | 131.8 | 452.55 | 135.32 | 7.46 |
| Всего: | | | | |  | | 64.5 | | 65.51 | | 256.13 | 1613.7 | 1.31 | 30.29 | 0.24 | 4.96 | 523.6 | 785.45 | 227.02 | 14.43 |

День: второй

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | Наименование блюда | | Масса порции | | Пищевые вещества | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | Минеральные вещества (мг) | | | | | | |
| белки | | жиры | | углеводы | | В1 | | С | | А | | Е | | Са | | Р | | Mg | | Fe |
| 1 | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | | 8 | | 9 | | 10 | | 11 | | 12 | | 13 | | 14 | | 15 |
| ДЕНЬ 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 266 | Каша молочная из хлопьев овсяных «Геркулес» жидкая | | 200 | | 17.95 | | 14.75 | | 36.0 | | 285.5 | | 0.21 | | | 1.92 | | 0.07 | | 0.67 | | 262.4 | | 80.5 | | 69.5 | | 1.55 |
| 493 | Чай с сахаром | | 200 | | 0.1 | | 0.0 | | 15.0 | | 60 | | 0.00 | | | 0.0 | | 0.0 | | 0.0 | | 11 | | 3 | | 1 | | 0.3 |
| 112 | Груша | | 100 | | 0.4 | | 0.3 | | 10.3 | | 47 | | 0.02 | | | 5.0 | | 0.00 | | 0.4 | | 1.9 | | 16 | | 12 | | 2.3 |
| 108;105 | Бутерброд с маслом сливочным | | 20/10 | | 1.57 | | 8.4 | | 9.92 | | 122 | | 0.02 | | | 0.0 | | 0.06 | | 0.32 | | 5.2 | | 14.9 | | 2.8 | | 0.24 |
| 108 | Хлеб пшеничный | | 40 | | 3.0 | | 0.3 | | 19.68 | | 94 | | 0.51 | | | 0..0 | | 0.00 | | 0.4 | | 8 | | 26 | | 5.6 | | 0.4 |
| 109 | Хлеб ржаной | | 30 | | 2.0 | | 0.4 | | 10.0 | | 52 | | 0.05 | | | 0.0 | | 0.00 | | 0.4 | | 10.5 | | 47.4 | | 14 | | 1.17 |
| Итого: | | |  | | 25.02 | | 24.15 | | 100.9 | | 660.5 | | 0.81 | | | 6.92 | | 0.13 | | 2.19 | | 299 | | 187.8 | | 104.9 | | 5.96 |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Салат из белокочанной капусты с морковью | 100 | | 1.6 | | 10.1 | | 9.6 | | 136 | | 0.04 | | | 27.8 | | 0.00 | | 4.5 | | 44 | | 32 | | 17 | | 0.6 | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 134 | Рассольник ленинградский на м/ к/б | 250 | 2.0 | 5.2 | 16.2 | 121.25 | 0.09 | 7.7 | 0.00 | 2.3 | 15.5 | 63 | 26.2 | 0.9 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 429 | | Картофельное пюре | | 200 | | 4.2 | | 8.8 | | 21.8 | 184 | | | 0.18 | | 6.8 | | 0.06 | | 0.2 | | 38.3 | | 80 | | 38 | 1.4 | |
| 343 | | Рыба, тушенная в томате с овощами | | 140 | | 13.3 | | 7.2 | | 6.3 | 143 | | | 0.09 | | 4.7 | | 0.01 | | 4.2 | | 35 | | 203 | | 39 | 0.8 | |
| 510 | | Компот из апельсинов с яблоками | | 200 | | 0.5 | | 0.2 | | 22.2 | 93 | | | 0.03 | | 11.6 | | 0.0 | | 0.1 | | 19 | | 12 | | 8 | 0.8 | |
| 109 | Хлеб ржаной | | 80 | | 5.3 | | 0.96 | | 26.7 | | | 139.2 | 0.14 | | 0.0 | | 0.00 | | 1.1 | | 28 | | 126.4 | | 37.6 | | | 3.12 |
| 108 | Хлеб пшеничный | | 40 | | 3.04 | | 0.32 | | 19.68 | | | 94 | 0.04 | | 0.0 | | 0.00 | | 0.44 | | 8 | | 26 | | 5.6 | | | 0.44 |
| Итого: | | |  | | 29.94 | | 32.78 | | 122.48 | | | 910.45 | 0.61 | | 58.6 | | 0.07 | | 12.84 | | 187.8 | | 542.4 | | 171.4 | | | 7.26 |
| Всего: | | |  | | 54.96 | | 56.95 | | 223.38 | | | 1570.95 | 1.42 | | 65.52 | | 0.2 | | 15.03 | | 486.8 | | 730.2 | | 276.3 | | | 13.22 |

День: среда

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | Масса порции | Пищевые вещества | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | Минеральные вещества (мг) | | | | |
| белки | | жиры | | углеводы | В1 | С | А | Е | Са | Р | Mg | Fe | |
| 1 | | 2 | | 3 | 4 | | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| ДЕНЬ 3 | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | |
| 325 | | Вареники ленивые с маслом сливочным | | 200/9 | 12.2 | | 18.4 | | 27.2 | 415 | 0.08 | 0.4 | 0.19 | 0.9 | 200 | 100 | 30.4 | 0.9 | |
| 501 | Кофейный напиток с молоком | | 200 | | 3.2 | 2.7 | | 15.9 | | 79 | 0.04 | 1.3 | 0.02 | 0.0 | 126 | 90 | 14 | 0.1 | |
| 112 | Апельсин | | 100 | | 0.9 | 0.2 | | 8.1 | | 43 | 0.04 | 60 | 0.00 | 0.2 | 34 | 23 | 13 | 0.3 | |
| 108 | Хлеб пшеничный | | 40 | | 3.0 | 0.3 | | 19.68 | | 94 | 0.51 | 0..0 | 0.00 | 0.4 | 8 | 26 | 5.6 | 0.4 | |
| 109 | Хлеб ржаной | | 30 | | 2.0 | 0.4 | | 10.0 | | 52 | 0.05 | 0.0 | 0.00 | 0.4 | 10.5 | 47.4 | 14 | 1.17 | |
| Итого: | | |  | | 21.3 | 22.0 | | 80.88 | | 683 | 0.72 | 61.7 | 0.21 | 1.9 | 378.5 | 286.4 | 77 | 2.87 | |
| Обед | | | | | | | | | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 50 | Салат из свеклы отвар. | 100 | 1.5 | 5.5 | 8.4 | 89 | 0.02 | 5.7 | 0.00 | 2.3 | 33 | 38 | 19 | 1.3 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 142 | Щи из свежей капусты с картофелем на м/к/б | 250 | 1.75 | 4.97 | 7.77 | 83 | 0.06 | 18.47 | 0.00 | 2.37 | 34 | 47.5 | 22.25 | 0.8 |
| 237 | Каша гречневая рассыпчатая | 180 | 10.3 | 9.4 | 58.4 | 303.7 | 0.24 | 0.0 | 0.04 | 0.73 | 17.1 | 90 | 162.3 | 5.4 |
| 367 | Гуляш из отварной говядины | 120 | 15..6 | 14.0 | 15.2 | 297 | 0.07 | 1.3 | 0.04 | 0.7 | 17 | 215 | 30 | 3.2 |
| 493 | Чай с лимоном | 200 | 0.1 | 0.0 | 15.2 | 61 | 0.00 | 2.8 | 0.0 | 0.0 | 14.2 | 4 | 2 | 0.4 |
| 109 | Хлеб ржаной | 50 | 3.3 | 0.6 | 16.7 | 87 | 0.09 | 0.0 | 0.00 | 0.7 | 17.5 | 79 | 23.5 | 1.95 |
| 108 | Хлеб пшеничный | 20 | 1.5 | 0.16 | 13.0 | 46 | 0.02 | 0.0 | 0.00 | 0.21 | 4.0 | 12.9 | 2.8 | 0.21 |
| Итого: | |  | 34.05 | 34.63 | 134.66 | 966.7 | 0.5 | 28.27 | 0.08 | 6.65 | 136.8 | 486.4 | 261.85 | 13.26 |
| Всего: | |  | 55.35 | 56.63 | 215.54 | 1649.7 | 1.22 | 89.97 | 0.29 | 8.84 | 515.3 | 772.8 | 338.85 | 16.13 |

День: четвертый

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | Масса порции | | | | | | | Пищевые вещества | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | |
| белки | жиры | | | углеводы | | | | В1 | | С | | | | А | | Е | | | Са | | Р | | | Mg | | Fe | |
| 1 | | 2 | | 3 | | | | | | | 4 | 5 | | | 6 | | | | 7 | | | 8 | | 9 | | | | 10 | | 11 | | | 12 | | 13 | | | 14 | | 15 | |
| ДЕНЬ 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 262 | | Каша манная молочная жидкая | | | 200 | | 9.2 | | | | | | 12.4 | | | 30.8 | | | | 215.4 | | | 0.08 | | | 1.4 | | | 0.05 | | 0.5 | | | 144.15 | | 73.2 | | | 20.2 | | 0.4 |
| 504 | | Кисель из варенья | | | 200 | | 0.1 | | | | | | 0.0 | | | 38.3 | | | | 154 | | | 0.00 | | | 0.1 | | | 0.00 | | 0.0 | | | 8 | | 8 | | | 2 | | 0.5 |
| 91 | | Бутерброд с сыром и маслом сливочным | | | 15/15/5 | | 5.0 | | | | | | 8.1 | | | 7.4 | | | | 123 | | | 0.02 | | | 0.1 | | | 0.06 | | 0.3 | | | 137 | | 99 | | | 10 | | 0.3 |
| 300 | | Яйцо вареное | | | 40(1шт) | | 5.1 | | | | | | 4.6 | | | 0.3 | | | | 63 | | | 0.03 | | | 0.0 | | | 0.10 | | 0.2 | | | 22 | | 77 | | | 5 | | 1.0 |
| 108 | | Хлеб пшеничный | | | 40 | | 3.0 | | | | | | 0.3 | | | 19.68 | | | | 94 | | | 0.51 | | | 0..0 | | | 0.00 | | 0.4 | | | 8 | | 26 | | | 5.6 | | 0.4 |
| 109 | | Хлеб ржаной | | | 30 | | 2.0 | | | | | | 0.4 | | | 10.0 | | | | 52 | | | 0.05 | | | 0.0 | | | 0.00 | | 0.4 | | | 10.5 | | 47.4 | | | 14 | | 1.17 |
| Итого: | | | | |  | | | | | 24.4 | | | | 25.8 | | | | 106.48 | | | 701.4 | | 0.69 | | 1.3 | | 0.21 | | | | | 1.8 | 329.65 | | 330.6 | | 56.8 | | | | 3.77 |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 107;48 | | Салат из огурцов соленых с луком | | | 100 | | | 0.77 | | | | | 10.09 | | | 2.28 | | | | 104.6 | | 0.02 | | | 3.7 | | | 0.00 | | 4.47 | | | 17.2 | | 18.2 | | | 10.5 | | 0.5 |
| 131 | | Свекольник на м/ к/б со сметаной | | | 250 | | | 2.17 | | | | | 4.45 | | | 12.02 | | | | 97 | | 0.06 | | | 9.17 | | | 0.04 | | 0.25 | | | 37.75 | | 69.25 | | | 31 | | 1.52 |
| 406 | | Плов из отварной птицы | | | 220 | | | 16.0 | | | | | 15.9 | | | 37.9 | | | | 359 | | 0.03 | | | 1.3 | | | 0.01 | | 5.4 | | | 33 | | 133 | | | 31 | | 1.3 |
| 508 | | Компот из смеси сухофруктов | | | 200 | | | 0.5 | | | | | 0.0 | | | 27.0 | | | | 110 | | 0.01 | | | 0.5 | | | 0.00 | | 0.0 | | | 28 | | 19 | | | 7 | | 1.5 |
| 109 | | | Хлеб ржаной | | | 80 | | 5.3 | | | | | | 0.96 | | | 26.7 | | | | 139.2 | | 0.14 | | | 0.0 | | | 0.00 | | 1.1 | | | 28 | | 126.4 | | | 37.6 | | 3.12 |
| 108 | | | Хлеб пшеничный | | | 40 | | 3.04 | | | | | | 0.32 | | | 19.68 | | | | 94 | | 0.04 | | | 0.0 | | | 0.00 | | 0.44 | | | 8 | | 26 | | | 5.6 | | 0.44 |
| Итого: | | | | | |  | | 27.78 | | | | | | 31.72 | | | 125.58 | | | | 903.8 | | 0.3 | | | 14.67 | | | 0.05 | | 11.66 | | | 151.95 | | 391.8 | | | 122.7 | | 8.38 |
| Всего: | | | | | |  | | 52.18 | | | | | | 57.52 | | | 232.06 | | | | 1605.2 | | 0.99 | | | 15.97 | | | 0.26 | | 13.66 | | | 481.6 | | 722.4 | | | 179.5 | | 12.15 |

День: пятый

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | | Наименование блюда | | | Масса порции | | | Пищевые вещества | | | | | | | | | | | | | Энергетическая ценность (ккал) | | Витамины (мг) | | | | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | | | |
| белки | | | | | жиры | | | | углеводы | | | | В1 | | | | С | | | | А | | Е | | | | | | Са | | | | Р | | Mg | | | | | | Fe | | | |
| 1 | | | | 2 | | | 3 | | | 4 | | | | | 5 | | | | 6 | | | | 7 | | 8 | | | | 9 | | | | 10 | | 11 | | | | | | 12 | | | | 13 | | 14 | | | | | | 15 | | | |
| ДЕНЬ 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 268 | | Каша рисовая молочная жидкая | | | | | | 200 | | | 5.5 | | 8.6 | | | | | | | 32.4 | | 225 | | | | 0.06 | | | 1.5 | | | 0.05 | | | | | 0.18 | | | | 222.4 | | | | 51.8 | | | | | | 31.6 | | | 0.44 | | |
| 496 | | | Какао с молоком | | | 200 | | | | | 3.6 | | | 3.3 | | | | | | 25.0 | | | 144 | | 0.04 | | | | 1.3 | | | | 0.02 | | 0.0 | | | | | | 124 | | | | 110 | | 27 | | | | | | 0.8 | | | |
| 112 | Банан | | | | | | 100 | | | 1.5 | | | | | | 0.5 | | | 21 | | | 96 | | 0.04 | | | 10.0 | | | 0.00 | | | | | 0.4 | | | 8 | | | | 28 | | | | | | 42 | | | 0.6 | | | |
| 108 | | Хлеб пшеничный с колбасой вареной отварной | | | | | 40/36 | | | | 14.7 | | | | | 15.0 | | | | 19.68 | | | 170 | | 0.59 | | | 0..0 | | | 0.00 | | | | | 0.5 | | | | 19.16 | | | | 79.6 | | | | | | 12.08 | | | 1.0 | | | |
| 109 | | Хлеб ржаной | | | | | 30 | | | | 2.0 | | | | | 0.4 | | | | 10.0 | | | 52 | | 0.05 | | | 0.0 | | | 0.00 | | | | | 0.4 | | | | 10.5 | | | | 47.4 | | | | | | 14 | | | 1.17 | | | |
| Итого: | | | | | | |  | | | | 27.3 | | | | | 27.8 | | | | 108.08 | | | 687 | | 0.74 | | | 12.8 | | | 0.07 | | | | | 1.48 | | | | 384.06 | | | | 316.8 | | | | | | 126.68 | | | 4.01 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 75 | | | | | Салат из моркови | | | | 100 | | | 1.8 | | | | | | 6.2 | | | 8.9 | | | 99 | | | 0.07 | | | 10.1 | | | | 0.00 | | | | 2.8 | | | | 16 | | | | 46 | | 18 | | | | | | | 0.7 | | |
| 128 | | | | | Борщ из свежей капусты на м/к/б. | | | | 250 | | | 1.82 | | | | | | 13 | | | 10.65 | | | 95 | | | 0.05 | | | 10.3 | | | | 0.00 | | | | 2.4 | | | | 34.5 | | | | 53 | | 26.25 | | | | | | | 1.2 | | |
| 291 | | | | | Макаронные изделия отварные | | | | 180 | | | 6.8 | | | | | | 0.8 | | | 34.8 | | | 173.88 | | | 0.07 | | | 0.02 | | | | 0.00 | | | | 0.95 | | | | 6.8 | | | | 42.8 | | 9.7 | | | | | | | 0.9 | | |
| 333 | | | | | Рыба жареная | | | | 100 | | | 13.2 | | | | | | 9.5 | | | 4.6 | | | 157 | | | 0.14 | | | 0.8 | | | | 0.02 | | | | 4.4 | | | | 69 | | | | 197 | | 37 | | | | | | | 0.8 | | |
| 207  э/р | | | | | Напиток лимонный | | | | 200 | | | 0.1 | | | | | | 0 | | | 18.9 | | | 73 | | | - | | | 2.32 | | | | - | | | | - | | | | 3.44 | | | | - | | - | | | | | | | 0.08 | | |
| 109 | | | | | Хлеб ржаной | | | | 80 | | | 5.3 | | | | | | 0.96 | | | 26.7 | | | 139.2 | | | 0.14 | | | 0.0 | | | | 0.00 | | | | 1.1 | | | | 28 | | | | 126.4 | | 37.6 | | | | | | | 3.12 | | |
| 108 | | | | | Хлеб пшеничный | | | | 88 | | | 6.7 | | | | | | 5.7 | | | 43.30 | | | 208 | | | 0.09 | | | 0.0 | | | | 0.00 | | | | 1.0 | | | | 17.6 | | | | 57.2 | | 12.32 | | | | | | | 1.0 | | |
| Итого: | | | | | | | | |  | | | 35.72 | | | | | | 36.16 | | | 147.85 | | | 945.08 | | | 0.56 | | | 23.54 | | | | 0.02 | | | | 12.65 | | | | 175.34 | | | | 522.4 | | 140.87 | | | | | | | 10.81 | | |
| Всего: | | | | | | | | |  | | | 63.02 | | | | | | 63.96 | | | 255.93 | | | 1632.08 | | | 1.3 | | | 36.34 | | | | 0.09 | | | | 14.1 | | | | 559.4 | | | | 839.2 | | 267.55 | | | | | | | 14.82 | | |

День: шестой

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | | | | Масса порции | | Пищевые вещества | | | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | | |
| белки | | | жиры | | | углеводы | | | | В1 | | | С | | А | | | Е | | | | Са | | | | Р | | | Mg | | | | | | Fe | |
| 1 | | 2 | | | | | 3 | | 4 | | | 5 | | | 6 | | | | 7 | | | 8 | | | 9 | | 10 | | | 11 | | | | 12 | | | | 13 | | | 14 | | | | | | 15 | |
| ДЕНЬ 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 320 | | | Сырники из творога запеченные | | | 200 | | 19.0 | | 17.6 | | | | 41.2 | | 513.38 | | | | 0.1 | | | 0.5 | | | | 0.1 | 1.0 | | | | | 272.6 | | | | 174.2 | | | 42.6 | | | | | | 1.3 | | |
| 501 | | | Кофейный напиток с молоком | 200 | | | | 3.2 | | | 2.7 | | | 15.9 | | | 79 | | | 0.04 | | | | 1.3 | | | 0.02 | | 0.0 | | 126 | | | | 90 | | | | | | | 14 | | | | | | 0.1 |
| 112 | | | Мандарин | 100 | | | | 0.8 | | | 0.2 | | | 7.5 | | | 38 | | | 0.06 | | | | 38.0 | | | 0.00 | | 0.2 | | 35 | | | | 17 | | | | | | | 11 | | | | | | 0.1 |
| 108 | | | Хлеб пшеничный | | 20 | | | 1.5 | | 0.16 | | | | 10.0 | | 46 | | | | | 0.02 | | | 0.0 | | | 0.00 | | | 0.21 | | 4.0 | | | | 12.9 | | | | | | | 2.8 | | 0.21 | | | |
| 109 | | | Хлеб ржаной | | 20 | | | 1.3 | | 0.3 | | | | 6.6 | | 34 | | | | | 0.03 | | | 0.0 | | | 0.00 | | | 0.3 | | 7.0 | | | | 31.3 | | | | | | | 9 | | 0.8 | | | |
| Итого: | | | | |  | | | 25.8 | | 20.96 | | | | 81.2 | | 710.38 | | | | | 0.25 | | | 39.8 | | | 0.12 | | | 1.71 | | 444.6 | | | | 325.4 | | | | | | | 79.4 | | 2.5 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 776 | Винегрет овощной | | | | | | 100 | 1.3 | | 10.8 | | | 6.8 | | | | | 130 | | 0.04 | | | | 8.4 | | 0.00 | | | 4.6 | | 23 | | | | 40 | | | | 18 | | | | | 0.8 | | | | |
| 1171471 | Суп картофельный с макаронными изд . на  м/к/б. | | | | | | 250 | 2.7 | | 2.85 | | | 28.8 | | | | | 111.25 | | 0.1 | | | | 8.25 | | 0.00 | | | 1.37 | | 15.25 | | | | 63.5 | | | | 24 | | | | | 0.95 | | | | |
| 3699 | Жаркое по-домашнему | | | | | | 220 | 20.0 | | 16.0 | | | 15.8 | | | | | 361.8 | | 0.16 | | | | 7.6 | | 0.04 | | | 0.8 | | 35 | | | | 266 | | | | 56 | | | | | 3.4 | | | | |
| 51010 | Компот из апельсинов с яблоками | | | | | | 200 | 0.5 | | 0.2 | | | 22.2 | | | | | 93 | | 0.03 | | | | 11.6 | | 0.0 | | | 0.1 | | 19 | | | | 12 | | | | 8 | | | | | 0.8 | | | | |
| 109119 | Хлеб ржаной | | | | | | 80 | 5.3 | | 0.96 | | | 26.7 | | | | | 139.2 | | 0.14 | | | | 0.0 | | 0.00 | | | 1.1 | | 28 | | | | 126.4 | | | | 37.6 | | | | | 3.12 | | | | |
| 108108 | Хлеб пшеничный | | | | | | 40 | 3.04 | | 0.32 | | | 19.68 | | | | | 94 | | 0.04 | | | | 0.0 | | 0.00 | | | 0.44 | | 8 | | | | 26 | | | | 5.6 | | | | | 0.44 | | | | |
| Итого: | | | | | | |  | 32.84 | | 31.13 | | | 119.98 | | | | | 929.25 | | 0.51 | | | | 35.85 | | 0.04 | | | 8.41 | | 128.25 | | | | 533.9 | | | | 149.2 | | | | | 9.51 | | | | |
| Всего: | | | | | | |  | 58.64 | | 52.09 | | | 201.18 | | | | | 1639.63 | | 0.76 | | | | 75.65 | | 0.16 | | | 10.12 | | 572.85 | | | | 859.3 | | | | 228.6 | | | | | 12.01 | | | | |

День: седьмой

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | | Наименование блюда | | | Масса порции | | Пищевые вещества | | | | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | | | | | Минеральные вещества (мг) | | | | | | | | |
| белки | | | жиры | | углеводы | | | В1 | | С | | А | Е | | | Са | | Р | Mg | | | | Fe | |
| 1 | | | | 2 | | | 3 | | 4 | | | 5 | | 6 | | | 7 | 8 | | 9 | | 10 | 11 | | | 12 | | 13 | 14 | | | | 15 | |
| ДЕНЬ 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 267 | | | Каша пшенная молочная жидкая | | | | 200 | | | | 7.8 | 9.5 | | | | 35.8 | 283.6 | 0.19 | | 1.5 | | 0.06 | 0.16 | | | 181.8 | | 93 | | | 43 | | 1.2 | |
| 493 | | | Чай с лимоном | | | | 200 | | | | 0.1 | 0.0 | | | | 15.2 | 61 | 0.00 | | 2.8 | | 0.0 | 0.0 | | | 14.2 | | 4 | | | 2 | | 0.4 | |
| 91 | | Бутерброд с сыром и маслом сливочным | | | 15/15/5 | | | | | 5.0 | | 8.1 | | | 7.4 | 123 | 0.02 | 0.1 | | 0.06 | | | 0.3 | 137 | | 99 | | | 10 | | 0.3 | |
| 300 | | Яйцо вареное | | | 40(1шт) | | | | | 5.1 | | 4.6 | | | 0.3 | 63 | 0.03 | 0.0 | | 0.10 | | | 0.2 | 22 | | 77 | | | 5 | | 1.0 | |
| 108 | | Хлеб пшеничный | | | | 40 | | | | | 3.0 | | 0.3 | | | 19.68 | 94 | 0.51 | 0..0 | | 0.00 | | | 0.4 | 8 | | 26 | | | 5.6 | | 0.4 | | |
| 109 | | Хлеб ржаной | | | | 30 | | | | | 2.0 | | 0.4 | | | 10.0 | 52 | 0.05 | 0.0 | | 0.00 | | | 0.4 | 10.5 | | 47.4 | | | 14 | | 1.17 | | |
| Итого: | | | | | |  | | | | | 23.0 | | 22.9 | | | 88.38 | 676.6 | 0.8 | 4.4 | | 0.22 | | | 1.46 | 373.5 | | 346.4 | | | 79.6 | | 4.47 | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | Салат из белокочанной капусты с морковью | | | 100 | | 1.6 | | | 10.1 | | 9.6 | | 136 | 0.04 | | 27.8 | | 0.00 | 4.5 | | | 44 | | 32 | | | 17 | | 0.6 | |
| 143 | | | | | Суп из овощей с фасолью на м/к/б. | | | 250 | | 5.9 | | | 2.2 | | 26 | | 96 | 0.09 | | 8 | | 0.010 | 0.49 | | | 30.4 | | 120.7 | | | 27.46 | | 0.9 | |
| 237 | | | | | Каша гречневая рассыпчатая | | | 180 | | 10.3 | | | 9.4 | | 46.4 | | 303.7 | 0.24 | | 0.0 | | 0.04 | 0.73 | | | 17.1 | | 110.2 | | | 162.3 | | 5.4 | |
| 405 | | | | | Курица в соусе с томатом | | | 120 | | 13.6 | | | 13.5 | | 4.1 | | 192 | 0.02 | | 2.3 | | 0.03 | 0.5 | | | 34 | | 90 | | | 16 | | 1.0 | |
| 509 | | | | | Компот из яблок с лимоном | | | 200 | | 0.3 | | | 0.2 | | 25.1 | | 103 | 0.01 | | 3.3 | | 0.00 | 0.1 | | | 11 | | 7 | | | 5 | | 1.2 | |
| 109 | | | | | Хлеб ржаной | | | 50 | | 3.3 | | | 0.6 | | 16.7 | | 87 | 0.09 | | 0.0 | | 0.00 | 0.7 | | | 17.5 | | 79 | | | 23.5 | | 1.95 | |
| 108 | | | | | Хлеб пшеничный | | | 20 | | 1.5 | | | 0.16 | | 13.0 | | 46 | 0.02 | | 0.0 | | 0.00 | 0.21 | | | 4.0 | | 12.9 | | | 2.8 | | 0.21 | |
| Итого: | | | | | | | |  | | 36.5 | | | 36.16 | | 140.9 | | 963.7 | 0.51 | | 41.4 | | 0.08 | 7.23 | | | 158 | | 451.8 | | | 254.06 | | 11.26 | |
| Всего: | | | | | | | |  | | 59.5 | | | 59.06 | | 229.26 | | 1640.3 | 1.31 | | 45.8 | | 0.3 | 8.69 | | | 531.5 | | 798.2 | | | 333.66 | | 15.73 | |

День: восьмой

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | | Наименование блюда | | Масса порции | | | Пищевые вещества | | | | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | |
| белки | | | жиры | | | углеводы | | В1 | | С | | | А | | | | Е | | | | Са | | | | Р | | Mg | | | Fe |
| 1 | | 2 | | 3 | | | 4 | | | 5 | | | 6 | | 7 | 8 | | 9 | | | 10 | | | | 11 | | | | 12 | | | | 13 | | 14 | | | 15 |
| ДЕНЬ 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 84 | | Каша молочная «Дружба» | | 200 | | 6.55 | | | | | | 8.33 | 39.09 | | 241.11 | 0.6 | 1.32 | | | | | 0.6 | | | | 0.2 | | | | 192.6 | | 40.4 | | | 30.6 | 0.56 | | | |
| 496 | | | Какао с молоком | | 200 | | | 3.6 | | | 3.3 | | | 25.0 | 144 | 0.04 | | 1.3 | | 0.02 | | | | 0.0 | | | | 124 | | | 110 | | | 27 | | | 0.8 | | |
| 108 | | | Хлеб пшеничный с колбасой вареной отварной | | 40/36 | | | 14.7 | | | 15.0 | | | 19.68 | 170 | 0.59 | | 0..0 | | 0.00 | | | | 0.5 | | | | 19.16 | | | 79.6 | | | 12.08 | | | 1.0 | | |
| 109 | | | Хлеб ржаной | | 30 | | | 2.0 | | | 0.4 | | | 10.0 | 52 | 0.05 | | 0.0 | | 0.00 | | | | 0.4 | | | | 10.5 | | | 47.4 | | | 14 | | | 1.17 | | |
| 112 | | | Груша | | 100 | | | 0.4 | | | 0.3 | | | 10.3 | 47 | 0.02 | | 5.0 | | 0.00 | | | | 0.4 | | | | 1.9 | | | 16 | | | 12 | | | 2.3 | | |
| Итого: | | | | |  | | | 27.25 | | | 27.33 | | | 104.07 | 654.11 | 1.3 | | 7.62 | | 0.62 | | | | 1.5 | | | | 348.16 | | | 293.4 | | | 95.68 | | | 5.83 | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 61 | | Салат из вареной моркови с зеленым горошком | | 100 | | | 1.9 | | | 10.1 | | | 5.9 | 122 | 0.07 | | 4.6. | | 0.00 | | | | 4.7 | | | | 22 | | | 53 | | | 27 | | | 0.6 | | |
| 149 | | | Суп картофельный с фрикадельками мясными | | 250/25 | | | 2.2 | | | 12.9 | | | 14.7 | 94.2 | 0.12 | | 44.5 | | 0.00 | | | | 1.3 | | | | 16.2 | | | 71 | | | 29.2 | | | 1.1 | | |
| 291 | | | Макаронные изделия отварные | | 180 | | | 6.8 | | | 3.8 | | | 33.8 | 173.88 | 0.07 | | 0.02 | | 0.00 | | | | 0.95 | | | | 6.8 | | | 22.8 | | | 9.7 | | | 0.9 | | |
| 345 | | | Котлета рыбная | | 100 | | | 16.9 | | | 7.1 | | | 9.6 | 113 | 0.07 | | 0.4 | | 0.02 | | | | 1.0 | | | | 55 | | | 140 | | | 23 | | | 0.6 | | |
| 508 | | Компот из смеси сухофруктов с вит.С. | | 200 | | | | 0.5 | | 0.0 | | | 27.0 | 110 | 0.01 | 0.5 | | 0.00 | | | | 0.0 | | | | 28 | | | | 19 | | | 7 | | | 1.5 | | |
| 109 | | | Хлеб ржаной | | 80 | | | 5.3 | | | 0.96 | | | 26.7 | 139.2 | 0.14 | 0.0 | | 0.00 | | | | 1.1 | | | | 28 | | | | 126.4 | | | 37.6 | | | 3.12 | | |
| 108 | | | Хлеб пшеничный | | 88 | | | 6.7 | | | 5.7 | | | 43.30 | 208 | 0.09 | 0.0 | | 0.00 | | | | 1.0 | | | | 17.6 | | | | 57.2 | | | 12.32 | | | 1.0 | | |
| Итого: | | | | |  | | | 40.3 | | | 40.56 | | | 161.0 | 960.28 | 1.21 | 50.02 | | 0.02 | | | | 10.05 | | | | 173.6 | | | | 489.4 | | | 145.82 | | | 8.82 | | |
| Всего: | | | | |  | | | 67.55 | | | 67.89 | | | 265.07 | 1614.39 | 2.51 | 57.64 | | 0.64 | | | | 11.55 | | | | 521.76 | | | | 782.8 | | | 241.5 | | | 14.65 | | |

День: девятый

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | | | Наименование блюда | | | Масса порции | Пищевые вещества | | | | | | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | |
| белки | | | | жиры | | | углеводы | | | | | | В1 | | | С | А | | | | Е | | | | Са | | | | | | Р | | Mg | | | Fe | |
| 1 | | | 2 | | | 3 | 4 | | | | 5 | | | 6 | | | | | | 7 | | | 8 | | | 9 | 10 | | | | 11 | | | | 12 | | | | | | 13 | | 14 | | | 15 | |
| ДЕНЬ 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 319 | | | Пудинг из творога запеченный | | 200 | | | | 22.0 | | | 23.78 | | 53.5 | | | | | | 514.7 | 0.13 | | | 0.4 | | | | 0.13 | | | | 0.9 | | | | 347.56 | | | 173.8 | | | | 43.9 | | | | 1.9 | |
| 493 | | Чай с молоком | | | 200 | | | | | 0.1 | | | 0.0 | | | 15.0 | | 61 | | | 0.00 | | | 2.8 | | | | | | 0.0 | | | | 0.0 | | | | 14.2 | | 4 | | | | 2 | | | 0.4 | |
| 112 | | | | Яблоко | 100 | | | 0.4 | | | | 0.4 | | 9.8 | | | | | 47 | | | 0.03 | | | 10.0 | | | | 0.00 | | | | 0.2 | | | | 16 | | | 11 | | 9 | | | | | 2.2 | |
| 108 | | Хлеб пшеничный | | | | 20 | | | | 1.5 | | | 0.16 | | | 10.0 | | 46 | | | | | 0.02 | | | 0.0 | | | | 0.00 | | | | | 0.21 | | | 4.0 | | 12.9 | | | 2.8 | | | 0.21 | | | |
| 109 | | Хлеб ржаной | | | | 20 | | | | 1.3 | | | 0.3 | | | 6.6 | | 34 | | | | | 0.03 | | | 0.0 | | | | 0.00 | | | | | 0.3 | | | 7.0 | | 31.3 | | | 9 | | | 0.8 | | | |
| Итого: | | | | | |  | | | | 25.3 | | | 24.64 | | | 94.9 | | 702.7 | | | | | 0.21 | | | 13.2 | | | | 0.13 | | | | | 1.61 | | | 388.76 | | 233 | | | 66.7 | | | 5.51 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 50 | Салат из свеклы отвар. | 100 | 1.5 | 5.5 | 8.4 | 89 | 0.02 | 5.7 | 0.00 | 2.3 | 33 | 38 | 19 | 1.3 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 13626.9№136ч12222222 | Суп картофельный с крупой на м/ к / б. | 250 | 2.5 | 2.8 | 25 | 103.25 | 0.1 | 8.25 | - | - | 25.9 | - | - | 1.02 |
| 3377 | Картофельная запеканка с мясом | 220 | 20.3 | 20.5 | 23.7 | 380 | 0.21 | 4.0 | 0.07 | 0.8 | 25 | 291 | 56 | 3.5 |
| 20207 э/р 7  э/р | Напиток лимонный | 200 | 0.1 | 0 | 18.9 | 73 | - | 2.32 | - | - | 3.44 | - | - | 0.08 |
| 191091 | Хлеб ржаной | 80 | 5.3 | 0.96 | 26.7 | 139.2 | 0.14 | 0.0 | 0.00 | 1.1 | 28 | 126.4 | 37.6 | 3.12 |
| 108 | Хлеб пшеничный | 87 | 6.6 | 5.6 | 42.4 | 207 | 0.08 | 0.0 | 0.00 | 0.98 | 17.2 | 56.0 | 12.07 | 0.98 |
| Итого: | |  | 36.3 | 35.36 | 145.1 | 991.45 | 0.55 | 20.27 | 0.07 | 5.18 | 107.54 | 511.4 | 124.67 | 10.0 |
| Всего: | |  | 61.6 | 60.0 | 240 | 1694.15 | 0.76 | 33.47 | 0.2 | 6.79 | 496.3 | 744.4 | 258.07 | 15.51 |

День: десятый

Сезон: осенне-зимний

Возрастная категория: 5-11 классы (12 -18 лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | Наименование блюда | | | | Масса порции | | | | Пищевые вещества | | | | | | | | | | | | | Энергетическая ценность (ккал) | | Витамины (мг) | | | | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | |
| белки | | | | жиры | | | | углеводы | | | | | В1 | | | | С | | | | А | | | | Е | | | | Са | | | | Р | | Mg | | | | | | Fe | |
| 1 | 2 | | | | 3 | | | | 4 | | | | 5 | | | | 6 | | | | | 7 | | 8 | | | | 9 | | | | 10 | | | | 11 | | | | 12 | | | | 13 | | 14 | | | | | | 15 | |
| ДЕНЬ 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 248 | | Каша гречневая молочная вязкая | | | | | 200 | | | 9.2 | | | | 10.9 | | | | 32.6 | | | | 283 | | 0.2 | | | 1.4 | | | | 0.08 | | | | 0.5 | | | 135.8 | | | | 44.5 | | | | | | 112.2 | | 3.4 | | | | |
| 504 | | Кисель из варенья | | | | | 200 | | | 0.1 | | | | 0.0 | | | | 38.3 | | | | 154 | | 0.00 | | | 0.1 | | | | 0.00 | | | | 0.0 | | | 8 | | | | 8 | | | | | | 2 | | 0.5 | | | | |
| 91 | | Бутерброд с сыром и маслом сливочным | | | | | 15/15/5 | | | 5.0 | | | | 8.1 | | | | 7.4 | | | | 123 | | 0.02 | | | 0.1 | | | | 0.06 | | | | 0.3 | | | 137 | | | | 99 | | | | | | 10 | | 0.3 | | | | |
| 300 | | Яйцо вареное | | | | | 40(1шт) | | | 5.1 | | | | 4.6 | | | | 0.3 | | | | 63 | | 0.03 | | | 0.0 | | | | 0.10 | | | | 0.2 | | | 22 | | | | 77 | | | | | | 5 | | 1.0 | | | | |
| 108 | | | | Хлеб пшеничный | | 20 | | | | | 1.5 | | | | 0.16 | | | | 10.0 | | 46 | | | | 0.02 | | | | 0.0 | | | | 0.00 | | | | 0.21 | | 4.0 | | | | 12.9 | | | | | | 2.8 | | 0.21 | | | |
| 109 | | | | Хлеб ржаной | | 20 | | | | | 1.3 | | | | 0.3 | | | | 6.6 | | 34 | | | | 0.03 | | | | 0.0 | | | | 0.00 | | | | 0.3 | | 7.0 | | | | 31.3 | | | | | | 9 | | 0.8 | | | |
| Итого: | | | | | |  | | | | | 22.2 | | | | 24..06 | | | | 95.2 | | 703 | | | | 0.3 | | | | 1.6 | | | | 0.24 | | | | 1.51 | | 313.8 | | | | 272.7 | | | | | | 141 | | 6.21 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 75 | | | Салат «Винегрет» | | | | | 100 | | | | 1.8 | | | | 6.2 | | | | 8.9 | | | 99 | | | 0.07 | | | | 10.1 | | | | 0.00 | | | 2.8 | | | | 16 | | | | 46 | | 18 | | | | | | 0.7 | |
| 147 | | | Суп картофельный с макаронными изд .на  м/к/б. | | | | | 250 | | | | 2.7 | | | | 2.85 | | | | 28.8 | | | 111.25 | | | 0.1 | | | | 8.25 | | | | 0.00 | | | 1.37 | | | | 15.25 | | | | 63.5 | | 24 | | | | | | 0.95 | |
| 423 | | | Капуста тушеная | | | | | 200 | | | | 7.4 | | | | 7.2 | | | | 7.8 | | | 126 | | | 0.08 | | | | 34 | | | | 0.06 | | | 1.4 | | | | 122 | | | | 110 | | 48 | | | | | | 2.0 | |
| 381 | | | Котлета из мяса говядины | | | | | 100 | | | | 13.8 | | | | 13.5 | | | | 14.3 | | | 253 | | | 0.09 | | | | 0.0 | | | | 0.04 | | | 0.5 | | | | 39 | | | | 185 | | 26 | | | | | | 2.8 | |
| 510 | | | Компот из апельсинов с яблоками с вит. С | | | | | 200 | | | | 0.5 | | | | 0.2 | | | | 22.2 | | | 93 | | | 0.03 | | | | 11.6 | | | | 0.0 | | | 0.1 | | | | 19 | | | | 12 | | 8 | | | | | | 0.8 | |
| 109 | | | Хлеб ржаной | | | | | 80 | | | | 5.3 | | | | 0.96 | | | | 26.7 | | | 139.2 | | | 0.14 | | | | 0.0 | | | | 0.00 | | | 1.1 | | | | 28 | | | | 126.4 | | 37.6 | | | | | | 3.12 | |
| 108 | | | Хлеб пшеничный | | | | | 40 | | | | 3.04 | | | | 0.32 | | | | 19.68 | | | 94 | | | 0.04 | | | | 0.0 | | | | 0.00 | | | 0.44 | | | | 8 | | | | 26 | | 5.6 | | | | | | 0.44 | |
| Итого: | | | | | | | |  | | | | 34.54 | | | | 31.23 | | | | 128.38 | | | 915.45 | | | 0.55 | | | | 63.95 | | | | 0.1 | | | 7.71 | | | | 247.25 | | | | 568.9 | | 167.2 | | | | | | 10.81 | |
| Всего: | | | | | | | |  | | | | 56.74 | | | | 55.29 | | | | 223.58 | | | 1618.45 | | | 0.85 | | | | 65.55 | | | | 0.34 | | | 9.22 | | | | 561.05 | | | | 841.6 | | 308.2 | | | | | | 17.02 | |

**Технологические карты составлены на основании следующей**

**нормативной и технологической документации:**

1.«Сборник технологических нормативов, рецептур блюд и кулинарных изделий для школ, школ-интернатов, детских домов, детских оздоровительных учреждений, учреждений профессионального образования, специализированных учреждений для несовершеннолетних, нуждающихся в социальной реабилитации », г. Пермь-2013 г.

2. Сборник технологических нормативов, рецептур блюд и кулинарных изделий для дошкольных образовательных учреждений (1-2 часть), г Пермь -2004г.

3. «Сборник рецептур блюд и кулинарных изделий для предприятий общественного питания»,1994-1997 г издания.

4. Технологические карты (рецептуры) блюд и питательность [Электронный ресурс] // Программный центр. *Помощь образованию!:* [сайт] URL: http://pbprog.ru/databases/index.php